

# CONCERNING THE PURSUITS OF WOMANKIND

## THE CHAFING DISH.

Savory Meats and Delectable Stews for Winter Menus.  
When Rich Dishes Are Harmless.

By AGNES MARTIN.

FOR the best kind of a stew get a flank steak, cut in pieces large enough to serve, two white onions sliced, one large or two small carrots sliced, one small parsnip sliced, one-half a can of tomatoes; put the meat in saucepan, season with salt and pepper, add the vegetables, cover with water, and place where it will cook slowly. When nearly done add three whole cloves, one-half a salt spoon of celery, and thicken the gravy with flour; serve baked potatoes with this stew.

### Braised Lamb.

Remove the bones from a breast of lamb, season with salt and pepper, roll it up and tie it with twine, slice one onion and put in a saucepan with two tablespoonsful of butter, chop fine a small piece of carrot and slice of turnip, put in saucepan with onion; let it cook for fifteen minutes, then put in the lamb; dredge well with flour, let it cook slowly for a half hour, then add a scant quart of stock; put in oven where it will cook slowly for an hour, basting often; take out the meat, put it where it will keep hot; skim from the gravy the fat; let gravy boil hard for five minutes; strain and pour over meat and serve.

### Broiled Grouse.

Carefully singe and clean the birds; split them down the back; wipe them dry, and lard them with narrow strips of salt pork; season with salt and pepper; butter your broiler and broil the birds fifteen minutes, turning often. When done, spread the breasts of the birds with butter and set them in the oven for two or three minutes. Serve current jelly with them.

### Breaded Chicken.

Be sure and select a tender chicken; cut in pieces as for frying; beat the yolks of two eggs with one tablespoonful of milk; roll the pieces of chicken in fine bread crumbs which have been seasoned with salt and pepper and to which has been added a little minced parsley; then dip in the egg, and again roll in the crumbs; place in a dripping pan; put over the chicken bits of butter; add a little water, and bake thoroughly, basting often; when done add a little butter to the gravy, with a little extra milk to make sufficient liquid; thicken with flour; and let it boil.

### Stuffed Leg of Mutton.

Have the bone removed and prepare a dressing as for turkey. Fill and roast, basting often. To prepare the dressing, take a half loaf of stale bread, cut it in slices; chop fine one medium sized onion; put in chopping bowl with onion the bread, add salt and pepper, sprinkle with summer savory, add a tablespoonful of butter; pour over it boiling water enough to just moisten the bread; cover for a few minutes to keep in steam; chop all together until quite fine.

### Boiled Leg of Pork.

Take a small quarter, leave it in brine two days, let it lie in cold water for half an hour; put in a large pot, cover with water, let it boil slowly. Skim occasionally, do not let it boil fast, as it hardens the meat. When done, set in

the oven for half an hour, dredge with flour, and sprinkle a little pepper over it before putting in oven. Baste with a little melted butter and milk; serve boiled parsnips with this dish.

### Beefsteak Pie.

Cover your deep pie dish with a crust of rich biscuit dough rolled thin; cut two pounds of steak in small pieces, adding small bits of suet; lay the pieces in the pie dish, season with salt and pepper; add to each layer of meat a little onion juice and just a squeeze of lemon juice; fill the dish nearly full of the steak; take a half-pint of boiling water, add one teaspoonful of beef extract and two-thirds of a teaspoonful of Worcestershire sauce; pour over the layer; if not covered sufficiently add more water; cover with a crust rolled a little thicker than pie crust; cut a hole in the center of top; bake in hot oven one hour and a half.

### Roast Goose.

A goose is always better if par-boiled before roasting; put it in water sufficient to cover and let it simmer for one and one-half hours; for stuffing take one cupful of bread crumbs, three onions chopped fine, one egg, one teaspoonful of butter, mix well together, season with salt, pepper, and sage or thyme as preferred, add one apple chopped fine; fill the goose and bake for one hour and a half; serve apple sauce with goose.

### Delicate Roast Pig.

Select a sucking pig; let it lie in cold water overnight; take out in the morning; scrape carefully and lay it in fresh water until time to prepare for roasting; it will require three hours to properly roast; when ready to dress take out of water; wipe it dry and rub the inside with sage, salt and a little paprika; prepare a stuffing of bread, two apples, one egg, sage, pepper, salt and sweet marjoram, a little salt pork chopped very fine, or butter, one tablespoonful; chop the apples and bread; mix all together with the beaten egg; put a rack in the dripping pan; put some water in the pan, also a sprig of sage and marjoram; put the pig on the rack, turning the feet under; keep it well soaked until it is half cooked; then take it out of the oven; wipe off the flour; baste well with butter; repeat the basting several times after it is returned to the oven; keep the oven at an even heat; it must be thoroughly cooked; serve with a baked potato in mouth or a small ear of unhusked corn; strain the herbs from gravy; return to fire and thicken with flour; apple sauce always accompanies this dish.

### Pot Roast.

Place an iron pot on the stove to get hot. Put into the pot two or three slices of clear, fat, salt pork to fry out the grease. Then cut up four medium sized onions; throw into the pot and let fry to a nice brown color. Then pepper and salt a piece of beef weighing about eight pounds; put it into the pot. Then put about three points of boiling water into it and let cook about two hours, turning the piece of meat several times. When nearly done slice two large carrots fine and put into the pot. When done mix a little flour and water to thicken the gravy.

## MARIE ANTOINETTE'S HARP



THE course of events can never be foreseen. As the beautiful Queen Marie Antoinette of France once sat in her boudoir in the Little Trianon, playing her harp, a gift of her husband, King Louis XVI, she certainly did not think that a few years later the world would see her being carried to the scaffold by her enraged people. As her dainty fingers struck tuneful chords she did not dream that her property would be spread almost over all the world, and that more than a hundred years after her death this beloved harp would find a resting place in some art collection in a country far over the ocean.

But this is to be the fate of the beautiful instrument. Marie Antoinette's harp is to be put up for sale in New York.

The unhappy queen of the revolution possessed two harps, both of which were built in the year 1780 by Jean Henri Nodemann, the principal fabricator of harps in France at that time. These two harps, one of which was the property of King Louis XVI himself and the other of the Queen, were excellent instruments, though unlike in appearance. One had its arms carved in the same place as the column of the harp and a blooming noose curled round the

column, while the other had in quality of arms a little gilt pigeon, fixed with a tape upon the plateau of the column.

After the death of the Queen her possessions in the Little Trianon were transferred to Versailles, where everything was sold by auction on June 23, 1793, and the following days. Among them were the two harps. One of them was purchased by a noble lady, the Baroness Dornier, whose descendants afterward made a present of it to the instrumental museum of the Conservatory in Paris.

The other harp, the Queen's favorite instrument, was to have been sold on the same occasion, but when the time came for it to be auctioned off no one could find it. Whither the harp disappeared long remained a mystery, but it was granted a Swedish Maecenas, the governor of a province, the Count Frederic Adolphus Ulric Cronstedt, from Stockholm, to discover its hiding place.

He found the harp in a garret in one of the little suburbs of Paris—Asnières—while on a journey to the southern countries. He had no occasion to fetch the harp at that time, so he left it there during fourteen and one-half years, after which time it was sent to Sweden, in the year 1819.

Upon its arrival in Sweden the harp

was given by Count Cronstedt to his foster daughter, who became Lady Christina Louisa Gedda. After the death of Lady Louisa Gedda, in the year 1873, the harp was transferred to her daughter, Mistress Amely Langenberg, born Gedda, and after her death, 1893, the instrument passed over to her son, Alvar Langenberg, and to his children. The harp, as has been said before, was made by Nodemann, and stands nearly two meters high.

The precious instrument has seven pedals, while all the earlier harps have no more than five. The strings are tuned over again by hooks, the construction for which became characteristic of all the harps of Nodemann, while the machinery represented the highest degree of mechanism of the time. The upper part of the column is adorned with beautiful gilt. There are plenty of certificates proving that the harp really is genuine.

The present owner of it is not rich enough to keep the precious historical instrument for himself, so he has at last decided to sell it. The Conservatory at Moscow has offered 75,000 roubles for it, yet Mr. Langenberg has found the sum too small. Now he intends to find a buyer in America. Marie Antoinette's harp will soon be sent from Sweden to New York, where it will be on exhibition.

## THE THROAT AS AN INDEX TO LONGEVITY

THE WOMAN who is going to live long can find the lines of longevity plainly written in her throat, says the "New York Sun." Instead of being long, tall, and slender her neck will be rather wide for her height and it will measure at least half an inch more than the ordinary woman's.

This large throat indicates a strong constitution. It shows vitality and usually a large degree of animal spirits.

The tired girl, on the other hand, the girl who feels herself weary and is called indolent, has a neck that is slender but not symmetrical. There are prominent cords in it, and it looks like a collection of reeds and pipes caught together with flesh. Pale hands, by the way, always go with a neck of this sort.

The girl who is fond of admiration cannot hope to conceal the fact, for she shows it plainly in her throat. She is also a girl who usually shows her throat, and whose neck is her own peculiar and special point of vanity, for it is pretty.

The girl fond of admiration has a full neck. Not a bone shows. Yet it is a slender neck for all that. Vanity shows, as in the nose, in the straight aristocratic lines, in the clear skin, which is very fine in grain, and in the length of the neck, for the vain girl is very swanlike as to the movements of her

head. It swings as upon a reed of exceeding grace and willowiness.

This swanlike neck is very lovely. The young girl whose neck is growing long and awkward and ugly can comfort herself with the thought that some day, when she has attained the full maturity, this long, ugly duckling neck will become that of a beautiful swan.

The athletic girl has a throat affected by her sports. It is long, rather flat, and it does not widen, as it should, where it joins the head; neither does it widen toward the neck. It fulfills all necessary purposes of the body, but it is not pretty.

The great peculiarity of the neck of the athletic girl is its method of joining the head to the shoulders. It is the same shape and size throughout its length, and the head is set upon it awkwardly and in wooden fashion. There are no pretty curves to break its monotony.

The shoulders of the athletic girl are very square and the head and neck are set upon them in an angular fashion which, while it may denote the athletic, surely does not denote the society beauty.

Still, the athletic neck has its good points and its recommendations. It never gets stiff; it can bend this way and that; it never aches, and inside there is a set of mechanical works that rarely gets out of order.

The heroic girl has the classic type of throat. It may be beautiful and it may not be so, according to the care that is bestowed upon it. The heroic type of neck may belong

to the beautiful woman, but it does not always do so. Very often its beauty is marred by the lack of femininity in the face. For the heroic type of neck is possessed by the strong-minded woman, the woman who leaves the pot to boil itself, while she gets out into the world and boils the pots of other people.

It is the woman with the heroic throat who decides that there is no place for her, and who gets out into the world so that she can perform the feat known as invading man's territory.

But the heroic-necked woman, while she may be disagreeable, can also be magnificent. She is capable of great nobility of character, and when you get her for a friend, she is yours for life, or until you deceive her.

There is a certain type of neck which belongs to the girl who is fond of having her own way. Turn around, with your back to the mirror, and take your hand-glass in your hand. If you are a girl fond of having your own way your neck will be, not flat and straight in the back, but curved.

There will be an arch which is the arch of beauty, but the arch also of selfishness. If the head pushes forward too far, it means ambition, and if the chin drops, it denotes stubbornness.

The neck requires room, and it requires air. It must have its proper ventilation, and it must not be bound down lightly from morning until midnight. If you are treating your neck in this manner you will suffer for it. Your neck may be fat, and for that reason you bind it tightly, but you make a great mistake in doing so.

## HOUSEHOLD HINTS.

Home Remedies for All Manner of Everyday Accidents and the More Trivial Ailments.

By A HOUSEWIFE.

BEAR this in mind when you give medicine: Read the label on the bottle; shake the bottle before you pour it out; even if the bottle is marked, it is safer to measure the dose in a properly marked glass; a medicine glass should be in every house; medicine ordered three times a day should be given at 10 a. m., 2 p. m., and 8 p. m.; if the direction is that it is to be taken every four hours, give it at 8 a. m., 12 noon, 4 p. m., and 8 p. m.; do not give medicine in the night unless the doctor has told you distinctly to do so; iron is always best taken after food; quinine should be taken before food; hot milk and coffee disguise the taste of cod liver oil better than anything else. Pour a little coffee and milk into the cup first, then the oil, then more coffee, and one will hardly know he has taken the medicine.

### For Hoarseness.

If you are hoarse, lemon juice squeezed on to soft sugar till it is like a syrup, and a few drops of glycerine added, relieves the hoarseness at once.

### To Treat Bruises.

To prevent a bruise from becoming discolored, apply to it a cloth which has been wrung out of water as hot as can be borne comfortably, and change it as it becomes cold. Supposing hot water cannot be procured, the next best thing is to moisten some dry starch with cold water and to cover the bruised part with it.

### To Remove Warts.

Get a carrot and after scraping a hole down the center, fill up the hole with salt, and let it stand till the salt is perfectly dissolved. Save the liquid from the carrot, and rub the warts night and morning regularly.

fectly dissolved. Save the liquid from the carrot, and rub the warts night and morning regularly.

### Walnuts for Gout.

Nowadays doctors forbid gouty patients to eat any kind of sweet food, but recommend them to eat at least a dozen walnuts a day. There is no doubt that walnuts are most useful to gouty subjects, or in cases of chronic rheumatism. Swelling goes down and pain decreases.

### Cure for Sore Throat.

Pour a pint of boiling water upon twenty-five or thirty leaves of common sage; let the infusion stand for twenty minutes. Add vinegar sufficient to make it moderately acid, and honey according to taste. This combination of the stringent and the emollient principles never fails to produce the desired effect. The infusion must be used as a gargle several times a day. It has this advantage over many gargles—it is pleasant to the taste, and may be swallowed occasionally, not only without danger, but with great advantage.

### Overwork and Worry.

To eat a grape a minute for an hour at a time, and to repeat this performance three or four times a day, eating very little else meantime, but dry bread, may seem a monotonous way of spending the time. This treatment works wonders for thin, nervous, anemic people whose digestions have got out of order from worrying or overwork. It is no mere quack prescription, but a form of cure recognized and advised by many well known physicians. Grapes are, perhaps, the most digestible of any fruit in existence.

## WISE WAYS WITH WEE FOLK.

By A TRAINED NURSE.

ONE of the gravest problems that confronts a mother is the selection of a proper nurse for her child. Whether it be a tiny baby, or a toddler just learning to walk and talk, or a child old enough to draw deductions from what it sees and hears, and to apply them with method to its own conduct, the difficulty remains the same. A good nurse can be invaluable as the mothers' trusted lieutenant, but the harm done by a bad one is almost beyond calculation.

A high sense of honor and an equally keen sense of justice, as well as cleanliness and the habit of order, are some of the absolutely necessary qualifications of a good nurse.

### Three Essentials.

If she is without honor, she cannot appreciate or foster it in a child. Injustice has warped many a little life, for nothing is keener than a child's instinct for fair play. Cleanliness is next to godliness at all times, and in all things.

A dirty nurse often keeps her charge clean, because she knows it is required of her, but she cannot teach him to keep himself so, and the most important work of a nurse is, not to do everything for a child, but to teach the child to do for himself.

### Teaching Neatness.

It is much easier for a careless, indifferent nurse to pick up and clean up after a child than it is to teach the child to put away his own small belongings, and to be careful to clear up as he goes.

Cleanliness and order go hand in hand; one is seldom found without the other, and, to a child, both are the result of education.

It is often the fault of the mistress that she has an uncleanly maid. A nurse, or a servant in any capacity, cannot be expected to keep clean and neat without proper facilities for bathing and for the care of clothes and person. In many places no provision is made for the servants' bath but the kitchen sink; their sleeping rooms are never inspected by the mistress; their bedding is inadequate and generally dirty, and they are neither required nor expected to keep their rooms as clean as the rest of the house. It is a wonder that under such conditions they appear as well as they do. On the other hand, every good housekeeper knows from hard experience that everything that goes to a servant's room is soon destroyed, in spite of constant supervision.

### The Sine Qua Non.

Lack of cleanliness is bad enough in any servant, but in the matter of a nurse for a little child it is unforgivable. In the selection of a nurse, both cleanliness and neatness should be made a sine qua non.

Having secured a neat nurse, the mother should look well to it that she is also quiet, low-voiced, gentle, and firm. Falling in any of these requirements, she must be kept constantly within sight and hearing by the mother, or the child may suffer serious harm.

### No Pins Allowed.

A nurse should always wear wash dresses, and this is especially necessary if she is to care for a young infant. If the conventional black dress is to be worn, it is best to have it made of satin or other washable material. Also, it is

very necessary that no pins should be about the waist or belt. Many an ugly scratch on baby's soft little cheek is due to a pretty pin in the nurse's collar.

When taking her charge out the nurse should receive strict orders never to go to other houses, nor to take the child among other children unknown to the parents. Not only bad language and wrong ideas, but serious illness are often due to association with chance street acquaintances.

### Avoiding Contagion.

Upon her return from her day off or a visit to her people, the nurse should be required to change her dress before taking the baby. This precaution will, to some extent, lessen the danger of contagion if the nurse has been exposed to any childish ailment during her absence.

She must never allow strangers to kiss or pet her charge. Orders upon this point cannot be too emphatic or too rigidly enforced. The custom of teaching a child to kiss everyone he meets is pernicious in the extreme. Older people are rarely healthy enough to kiss babies in any case, and it should not be encouraged even from friends. Weaknesses of many kinds are prevalent among adults, the seeds of which may be transmitted to little ones. Besides, most children dislike to be kissed, and resent to the best of their ability each outburst of such expression of affection, only to be snatched up and kissed, willy-nilly, by the next arrival.

It is much better to leave a child to bestow its favors at pleasure and in its own way, and in the meantime forbid the kisses of all.

### Harmful Ghost Stories.

Another evil often attributable to untrustworthy nurses is the cultivation of cowardice by constantly exciting a child's fear. Fear, whether induced by ghost stories or by threats, as a compelling agent, is a dangerous method to use with children. Many are made timid through life by heedless tales of ghosts and bogaboos of various sorts.

Even the harmless ragman is made a terror through the false representations of a foolish nurse. Often one sees a child run and hide whenever the rag man's call is heard, and it is easy to guess the cause of his terror. Fear is a thing a child should never know, and he would never learn it if threats and ghost stories were kept away from his sensitive and intensely receptive little mind. Teach him, instead, that the world is beautiful and full of bright things. Teach him to understand the dark and to see the beauty of the storm. Even the fear of death can be kept from a child's mind.

### The Gospel of Love.

Teach the gospel of love rather than of fear, and the dark shadows of cowardice and evil will disappear. Fairies, good angels, and bogaboos can be made just as interesting bedtime stories as ghosts, skeletons and bogaboos; they appeal quite as strongly to a child's imagination, and lead it over a brighter road to dreamland.

### Toast to a Pretty Girl.

Here's to you, and here's to me, And here's unto us both; And were we arm and arm through life, Sure, I'd be nothing loath. —Chicago Tribune.